taken the requiſite quantity of meat and drink. Beſides this, there is another advantage ariſing from the Uſe of this Chair, *viz.* that by it we may find out the daily Inſenſible perſpiration of our Bodies; which Perſpiration not being well conſidered, medicine often proveth ineffectual, foraſmuch as many indiſpoſitions are occaſioned by a leſſer or larger perſpiration than is required.

Now, what quantity or weight of wholeſom food is convenient for every one, and how much the Inſenſible perſpiration ought to be in their reſpective Bodies, *viz.* that perſpiration which is commonly weighed by the Chair, both theſe things may eaſily be underſtood by this Book; to which we therefore refer the Curious.

VI. Syſtema Horticulturæ, *containing in Engliſh the Art of Gardening in Three Books; by* J.W. *Gentl.* 8°.

GArdens and Nurſeries are the Life and Relief, the Health and the Beauty of *London*. Theſe with fair Orchards, ſalubrious Groves and Vineyards, are lately become the Glory of the Campaign all about *London*, for many miles in *Kent*, *Surrey*, *Suſſex*, *Middleſex*, *Hartfordſhire* and *Eſſex*: I may add *Hampſhire*, *Barkſhire*, *Buckinghamſhire*, *Oxfordſhire*, *Suffolk*, and in all the *Environs* approaching the Royal Palaces. Vineyards have climbed up *Windſor*-hill, and (as we hear) they begin to adorn ſome of the Mountains in *South Wales*. But many remote parts of *England* are not ſo forward for the beſt ſorts of Gardens, as about *London*.

Therefore I do here take notice of a New Book for Gardens, which treateth *firſt* of the Excellency, Scituation, Soyl, Form, Walks, &c. of Gardens. *Secondly*, of all ſorts of Trees planted for Ornament or Shade, Winter-greens, Flower-trees, and Flowers. *Thirdly*, of the Kitchin-garden, and of the great variety of Plants propagated for food, and for any culinary Uſes. Illuſtrated with Sculptures, repreſenting the Forms of Gardens, according to ſome of the neweſt Models.

Errata in Numb. 135.

Pag. 878. lin. antepen. read *blanqueting Trade.*

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